

# Advisory Council on Aging and Disability Services

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*Creating choices for elders and adults with disabilities in Seattle-King County*

## MONTHLY MEETING

**OCTOBER 8, 2004**

### MEMBERS PRESENT

CITY OF SEATTLE	KING COUNTY	UNITED WAY
<input checked="" type="checkbox"/> Thelma Coney	<input checked="" type="checkbox"/> Gabriel Cohen, Vice	<input checked="" type="checkbox"/> Martha Becker
<input type="checkbox"/> Joanne Brekke	<input type="checkbox"/> Helen Spencer	<input checked="" type="checkbox"/> Will Parry
<input checked="" type="checkbox"/> Adam John	<input checked="" type="checkbox"/> John Holecek	<input checked="" type="checkbox"/> Thelma Pegues
<input checked="" type="checkbox"/> Alexandra Tu	<input checked="" type="checkbox"/> John Barnett	<input checked="" type="checkbox"/> Timmie Faghin, Chair
<input type="checkbox"/> Tom Rasmussen	<input checked="" type="checkbox"/> Larry Verhei	<input type="checkbox"/> Don Moreland
<input checked="" type="checkbox"/> Larry Low, Secretary	<input type="checkbox"/> Steve Colwell	<input type="checkbox"/> Suzanne Wiley
<input type="checkbox"/> Vacant	<input checked="" type="checkbox"/> Lisa Yeager, Member At Large	<input checked="" type="checkbox"/> Midge Levy
<input type="checkbox"/> Vacant	<input type="checkbox"/> Vacant	<input type="checkbox"/> Lorna Stone
<input type="checkbox"/> Vacant	<input type="checkbox"/> Vacant	<input type="checkbox"/> Vacant

**Excused Absence** Lorna Stone, Don Moreland, Suzanne Wiley, Joanne Brekke and Helen Spencer

**Guests** Mary Van Verst, Kelly Phanco, Harold Phillips, Art Mussman, Marc Avni, Dick Spady, Marta Vega, and Irma Farsch

**ADS Staff** Pamela Piering, Selina Chow, Rosemary Cunningham, Linda Wells, Karen Winston and Ozell Bledsoe

**United Way Staff** Linda Woodall

**King County Staff** Sandy Stutey

## ~~DRAFT~~ MINUTES

**Timmie Faghin**, Chair convened the Advisory Council meeting at 12:00 p.m. and asked everyone attending to introduce themselves. She asked if there were any requests for changes to the minutes or to the order of the agenda. There were no requests for changes.

**Action Taken:** It was moved/seconded and passed that the September 10, 2004 minutes be approved as presented.

**Timmie** introduced speakers: **Mary Van Verst, Ph.D.**, Program Development and Evaluation Coordinator, Washington Commission for National and Community Service (WCNCS) and **Kelly Phanco**, Executive Director, Intergenerational Innovations.

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In association with the Area Agency on Aging for Seattle-King County and sponsored by:



City of Seattle



King County

**PROGRAM TOPIC**  
**SOCIAL & CIVIC ENGAGEMENT: VOLUNTEERING**

**Mary Van Verst** reported on the mission, programs and services provided by the Washington Commission for National and Community Service (WCNCS). She noted that WCNCS seeks to expand the ethic of service throughout Washington State by inviting citizens of all ages and backgrounds to contribute their time and talents to strengthen and promote service and volunteerism as strategies for building healthy communities. Mary provided information about Senior Corps programs including the Retired and Senior Volunteer Program (RSVP) devoted to engaging people 55 and over in a diverse range of volunteer activities; The Foster Grandparents Program provides a way for those 60 and over, whose incomes are limited, to serve as extended family members to children and youth with exceptional needs; and the Senior Companions Program offers a way for those 60 and over, whose incomes are limited, to provide assistance and friendship to adults who have difficulty with daily living task, such as grocery shopping and bill paying. She also provided information about AmeriCorps and Learn and Serve Programs. For more information about the Washington Commission for National and Community Service visit their website: [www.ofm.wa.gov/servewa/wcncs](http://www.ofm.wa.gov/servewa/wcncs)

**Kelly Phanco** provided a power point presentation focused on Intergenerational Relationships: An Age-Old Solution. She reported on Intergenerational Family Groups and Seniors Living in Isolation including: 1) a United Way community assessment which reported “49% of seniors in Seattle live alone and report feeling useless and disconnected from the communities they help build”; 2) retirement frees up 25 hours a week for men and 18 hours a week for women; over half of this free time is absorbed by watching television, increasing their vulnerability to depression; 3) volunteers at a veterans’ hospital were found to have “greater will to live,” higher life satisfaction, and less anxiety and depression than non-volunteers; 4) based on a national leadership forum, working to promote philanthropy and volunteering, seniors are more than four times as likely to volunteer if they are asked; and 5) that seniors must be recruited and supported in order for them to receive the benefits of volunteering and building relationship with young people. Kelly also provided information about Intergenerational Innovations, a nonprofit organization that develops and implements creative programs and activities that connect children, youth, and elders in volunteer service to each other and the community. Intergenerational Innovations’ vision is a community where elders and young people thrive through connection, involvement, understanding, and respect based on four program models: 1) Kinder Korps which teams children with caring elders as tutors and mentors; 2) Computer Pals provides opportunities for elders to learn how to use the computer through middle and high school-aged tutors; 3) Caring Communities presents a variety of ongoing creative community partnerships that bring together groups of neighboring elders and children to share creative educational activities; and 4) Intergenerational Dialogues provides opportunities for elders to mentor children by sharing their wisdom, experiences and knowledge with children in a classroom setting. For more information about Intergenerational Innovations visit their website: [www.intergenerate.org](http://www.intergenerate.org)

## **BUSINESS MEETING**

### **Old Business**

- The Retreat Committee provided an update on planning and preparations for the 2005 annual Advisory Council retreat scheduled for Friday, January 14<sup>th</sup> at the Auburn Senior Center.

### **New Business**

- Timmie Faghin encouraged members to attend the W4A Conference October 14<sup>th</sup> and/or the Senior Lobby Conference October 15<sup>th</sup>.

## **COMMITTEE AND TASK FORCE REPORTS**

### **Planning and Allocation Committee**

**Thelma Coney** reported that the P & A Committee discussed the cost-of-living adjustments in the Mayor's Budget, and she announced the Committee will take a closer look at the complete budget during their next meeting.

### **State Council on Aging**

**Timmie Faghin** reported Joanne Brekke informed her that the State Council on Aging did not meet this month. Joanne wants to encourage Advisory Council members to go vote on November 2<sup>nd</sup>.

### **Outreach and Advocacy Committee and Health Care Task Force**

**Gabe Cohen** reported the O&A Committee met jointly with the Health Care Task Force and discussed the Legislative Forum outcome; considered action step; and agreed to disseminate the speech of the main speaker, Phil Talmage. He suggested the O&A Committee and HCTF develop a legislative agenda of their own for 2005 and requested all AC members to submit suggestions for the agenda. **Larry Verhei** announced that the King County Council passed a proclamation that October is Disability Awareness Month. Gabe announced two events: 1) The Gray Panthers, an intergenerational program, will hold a convention Nov 12 – 14 and 2) on Friday, November 12th kick off rally at the Westlake Plaza and the keynote speaker will be Paul Loeb, the author of *"Soul of a Citizen: Living with Conviction in a Cynical Time"*. Gabe provided a brief summary of the book which explores what leads some people to get involved in larger community issues while others feel overwhelmed or uncertain; what it takes to maintain commitment for the long haul; and how community involvement and citizen activism can give back a sense of connection and purpose rare in purely personal life. Writing in an engaging and evocative style, Loeb offers profound lessons on civic engagement. **Will Parry** invited members to attend a meeting sponsored by the Alliance of Retired Americans at the South Park Machinist Hall Monday, October 11, 2005.

### **Communications Committee**

**Timmie Faghin** reported the Seniors Digest continues to get better and better and thanked **Rosemary Cunningham** for all her help. Rosemary reported the word is definitely getting around about the magazine.

### **DIRECTOR'S REPORT**

**Rosemary Cunningham** announced a meeting with corporate professionals wanting to partner to focus on aging and Farmers Market issues. **Pam Piering** provided an update on the new Cash & Counseling Program, Area Plan community exposure and the Healthy Aging Partnership Conference.

The meeting was adjourned at 2:00 p.m.

## **NEXT MEETING**

**Program Topic:**

**SOCIAL & CIVIC ENGAGEMENT: POLICY AND LEGISLATIVE ISSUES**

**Friday, November 12, 2004**

**12:00 – 2:00 p.m.**

**13<sup>th</sup> Floor Conference Room**

**Alaska Building**

**618 Second Ave, Seattle, WA 98104**

**[www.adsadvisorycouncil.org](http://www.adsadvisorycouncil.org)**

Gabe Cohen, Vice-Chair \_\_\_\_\_

**Approved**

**11/05/04**